

OLDER ADULTS

ACTIVITIES & SERVICES

Dublin Senior Center

7600 Amador Valley Blvd.
(925) 556-4511
www.dublinseniorcenter.com
seniorctr@dublin.ca.gov

Hours

Monday through Friday, 9:00 AM – 4:00 PM

Saturday, 8:30 AM – 12:00 PM

Except...

The Senior Center will be closed on the following days:

Independence Day – **Monday, July 4**

Labor Day – **Monday, September 5**

Welcome!

Our Senior Center allows patrons to feel active and youthful when they participate in the various activities and events offered here. There is always a friendly person to greet you as you enter. Once inside, join friends for a dance class or one of the many games, express yourself in an art class, or maintain a healthy body, mind and spirit through exercise classes. This is the best meeting place for “rewarding friendships, intriguing activities and a lifestyle of possibilities.”

Be a Senior Center Volunteer

WANTED: Individuals with friendly personalities who enjoy helping others. Be a greeter, an office or kitchen assistant, or share your expertise as a volunteer teacher or lecturer. Please pick up an application or class proposal from the Center’s front desk, or online at www.DublinSeniorCenter.com.



Be a Senior Center Supporter

Your yearly fee is put to good use, allowing the Center to offer a wide variety of affordable programs for older adults. As a special thank you, supporters will be mailed the newsletter, *Dublin Doings*.

Yearly Fee \$10; \$1 discount for Dublin Residents

Dine at The Shamrock Café

Monday to Friday, 11:30 AM-12:15 PM*

The Center’s cafe is not only healthy and affordable, it also gives diners a chance to visit with other friendly people at a table of their choice. Caregivers and drop-ins are always welcome. The suggested donation is \$3 per meal. Annual registration is required. Meals are provided by Open Heart Kitchen, in cooperation with the Area Agency on Aging of Alameda County, and the City of Dublin. Soup, salad, beverage and dessert are served with every entree. Monthly menus are posted at www.dublinseniorcenter.com, or at the Center’s front desk.

** Cafe closed 7/4 and 9/5 due to the holiday closure*



DANCE

Ballroom

Enjoy various ballroom dance styles, with new ones added each month. Prior experience and partners are not necessary.

Instructor: Bill Blankenship

Beginner Ballroom

50 Years+

Dublin Senior Center

Quick Step

4 Classes \$24 Res/\$29 Non-Res

Tue 6/7-6/28 2:15-3:45 PM Activity #39344

Samba

4 Classes \$24 Res/\$29 Non-Res

Tue 7/5-7/26 2:15-3:45 PM Activity #39345

Tango

5 Classes \$30 Res/\$36 Non-Res

Tue 8/2-8/30 2:15-3:45 PM Activity #39346

East Coast Swing

4 Classes \$24 Res/\$29 Non-Res

Tue 9/6-9/27 2:15-3:45 PM Activity #39350

Level II Basic Ballroom

21 Years+

Dublin Senior Center

Cha Cha

5 Classes \$35 Res/\$42 Non-Res

Thu 6/2-6/30 7:25-8:25 PM Activity #39348

Bolero

4 Classes \$28 Res/\$33.75 Non-Res

Thu 7/7-7/28 7:25-8:25 PM Activity #39349

Waltz

4 Classes \$28 Res/\$33.75 Non-Res

Thu 8/4-8/25 7:25-8:25 PM Activity #39347

Tango

5 Classes \$35 Res/\$42 Non-Res

Thu 9/1-9/29 7:25-8:25 PM Activity #39351

BALLROOM

social

with DJ Bill Blankenship

At the
Dublin Senior Center

Fridays:

June 24,

July 29,

August 26,

September 30,

1:30-4:00 PM

All types of ballroom social dance music are played, and dancers of all levels welcome. Dance lessons included. Includes light refreshments.

50 Years+

\$6 Drop-in fee



Line Dance

Get in line, listen to the beat of the music and start dancing. Partners not needed.

50 Years+

Dublin Senior Center

Beginning

Instructor: Lynn Woods

\$2 Drop-in

Thu, ongoing 10:15-11:15 AM

Beginning/Intermediate

Instructor: Rosa Chan

\$4 Drop-in

Tue, ongoing 10:00-11:00 AM

Sat, ongoing 11:00 AM-12:00 PM

Easy Intermediate

Instructor: Millie Dusha

\$4 Drop-in

Thu, ongoing 2:00-4:00 PM

Intermediate

Instructor: Millie Dusha

\$4 Drop-in

Mon, ongoing* 1:00-2:45 PM

** no class 5/30, 7/4 & 9/5*

Intermediate Line Dance Social

Enjoy intermediate level line dancing in a social setting.

Leader: Karen Hong

50 Years+ \$2 Drop-in

Dublin Senior Center

Fri, ongoing 10:00-11:00 AM

The Mills

LINE DANCE SOCIAL EVERY FIRST THURSDAY, 2-4 PM

DJ Millie Dusha plays classic and contemporary line dance music to get you in the mood to dance. All levels are welcome to join the fun!

\$4/Drop-in fee

FITNESS & WELLNESS

Balance, Agility & Strength

Simple movements are used to strengthen the body's core (abs and back) and cardiovascular system (heart and lungs). Stand or use a chair, no floor exercises.

Instructor: Robin Weiss

50 Years+

Dublin Senior Center

3 Classes \$15 Res/\$18 Non-Res

Mon 7/11-7/25 10:00-10:45 AM Activity #39536

Mon 9/12-9/26 10:00-10:45 AM Activity #39530

4 Classes \$20 Res/\$24 Non-Res

Mon 6/6-6/27 10:00-10:45 AM Activity #39535

Wed 7/6-7/27 10:00-10:45 AM Activity #39533

Wed 9/7-9/28 10:00-10:45 AM Activity #39528

5 Classes \$25 Res/\$30 Non-Res

Wed 6/1-6/29 10:00-10:45 AM Activity #39532

Mon 8/1-8/29 10:00-10:45 AM Activity #39537

Wed 8/3-8/31 10:00-10:45 AM Activity #39534

NEW! Seniorobics

Get moving to original music from the 1940s to 1970s. Low-impact exercises, followed by muscle conditioning, balance and stretch.

Instructor: Debbie Fallon

50 Years+

Dublin Senior Center

3 Classes \$15 Res/\$18 Non-Res

Mon 7/11-7/25 10:00-11:00 AM Activity #46037

5 Classes \$25 Res/\$30 Non-Res

Mon 8/1-8/29 10:00-11:00 AM Activity #46038

NEW! Chair Aerobics

Just because you use a cane, walker, or wheelchair, doesn't mean you can't have a healthy heart! While seated, move aerobically to fun music from the good ol' days. Equipment provided.

Instructor: Debbie Fallon

50 Years+

Dublin Senior Center

4 Classes \$20 Res/\$24 Non-Res

Tue 7/5-7/26 4:00-4:45 PM Activity #46047

5 Classes \$25 Res/\$30 Non-Res

Tue 8/2-8/30 4:00-4:45 PM Activity #46048



Intro to Gentle Yoga

Increase your flexibility and body awareness as you do basic yoga poses.

Instructor: Caran Ruga

50 Years+

Dublin Senior Center

4 Classes \$16 Res/\$20 Non-Res

Tue 6/7-6/28 10:30-11:30 AM Activity #39698

Tue 7/5-7/26 10:30-11:30 AM Activity #39699

Tue 9/6-9/27 10:30-11:30 AM Activity #39701

5 Classes \$20 Res/\$24 Non-Res

Tue 8/2-8/30 10:30-11:30 AM Activity #39700

Gentle Yoga

Simple poses release tension, facilitate stability and improve posture. Optional chair exercises available.

Instructor: Jim Stulman

50 Years+

Dublin Senior Center

5 Classes \$20 Res/\$24 Non-Res

Wed 6/1-6/29 5:30-6:30 PM Activity #39543

Wed 8/3-8/31 5:30-6:30 PM Activity #39545

4 Classes \$16 Res/\$20 Non-Res

Wed 7/6-7/20 5:30-6:30 PM Activity #39544

Wed 9/7-9/28 5:30-6:30 PM Activity #39546

Healing Yoga

Promote a healthy body while decreasing stress and anxiety using techniques, including stretching, strength and balance exercises, breathing and meditation. Postures are adapted for chair sitting as needed; suitable for seniors of all ages. Yoga mat required.

Instructor: Anne Cavazos

40 Years+ \$5 Drop-in

Dublin Senior Center

Thu, ongoing 12:30-1:30 PM

NEW! Yoga with Meditation

Release tension and stress by doing yoga poses (asanas), breathing exercise (paranayam) and meditation.

4 Classes *Instructor: Dr. Narendra Tilavat*

50 Years+ \$16 Res/\$20 Non-Res

Dublin Senior Center

Fri 7/8-7/29 3:00-4:00 PM Activity #46033

Fri 8/5-8/26 3:00-4:00 PM Activity #46034

Fri 9/9-9/30 3:00-4:00 PM Activity #46035

Chair Pilates

Improve everyday movements, sitting, standing and walking, by applying Pilates principles. Schedule tentative, dates, and fees subject to change.

Instructor: M. Valentin

50 Years+

Dublin Senior Center

4 Classes \$22 Res/\$26.50 Non-Res

Mon 6/6-6/27 3:00-3:45 PM Activity #39383

3 Classes \$16.50 Res/\$20 Non-Res

Mon 7/11-7/25 3:00-3:45 PM Activity #39384

Mon 9/12-9/26 3:00-3:45 PM Activity #39386

5 Classes \$27.50 Res/\$33 Non-Res

Mon 8/1-8/29 3:00-3:45 PM Activity #39385





Tai Chi Chuan

Warm up with Qi (Chi) Gong and learn a different tai chi form each week.

Instructor: John Deng

50 Years+

Dublin Senior Center

Beginners—24 Forms

3 Classes \$12 Res/\$14.50 Non-Res

Fri 6/3-6/17 1:00-2:00 PM Activity #39475

Fri 8/5-8/19 1:00-2:00 PM Activity #39477

4 Classes \$16 Res/\$19.25 Non-Res

Fri 7/1-7/22 1:00-2:00 PM Activity #39476

Fri 9/2-9/23 1:00-2:00 PM Activity #39480

Beginners II for Continuing Students—24 Forms

4 Classes \$16 Res/\$19.25 Non-Res

Sat 6/4-6/25 9:45-10:45 AM Activity #39469

Sat 7/2-7/23 9:45-10:45 AM Activity #39470

Sat 8/6-8/27 9:45-10:45 AM Activity #39471

Sat 9/3-9/24 9:45-10:45 AM Activity #39478

4 Classes \$16 Res/\$19.25 Non-Res

Tue 6/7-6/28 1:00-2:00 PM Activity #39472

Tue 7/5-7/26 1:00-2:00 PM Activity #39473

Tue 9/6-9/27 1:00-2:00 PM Activity #39479

5 Classes \$20 Res/\$24 Non-Res

Tue 8/2-8/30 1:00-2:00 PM Activity #39474

Tai Chi Chuan Practice Session

Class designed to practice Qi (Chi) Gong and basic forms for students currently enrolled in Tai Chi Chuan classes.

Led by peer coordinators

50 Years+ \$2 Drop-in

Dublin Senior Center

Thu, ongoing 9:00-10:00 AM

Jazzercise®

Jazzercise is a calorie-torching, hip-swiveling, dance party workout to put your abs to the test, with a hot playlist to distract you from the burn. Our classes – Dance Mixx, Interval, Fusion, Core, Strike, and Strength – will leave you breathless, toned and coming back for more. Mat and hand weights required. Contact Barbara Van Trease at (925) 447-8890 for class information or visit www.jazzercise.com for new student offers and pricing.

18 Years+

Mon, Tue, Wed, Fri, Sat & Sun 8:30-9:30 AM

Mon & Wed 5:30-6:30 PM

Tue & Thu 6:00-7:00 PM

Path Wanderers

Walk trails that are 2-3 miles, local and level. A current monthly schedule is available. First-timers must turn in a completed emergency form and liability release before participating. Contact Senior Center to be added to interest list.

Led by peer coordinator, Dan Rodrigues

50 Years+ Free

Location TBA

Thu, ongoing 9:00-11:00 AM

Tri-Valley Trail Trekkers

Trek 4-6 miles on East Bay trails or parks. First-timers must email hikedirector@gmail.com at least one week prior to obtain weekly schedule. All participants must complete a registration form and liability release before participating.

Peer Leader: Helen Coleman

50 Years+ \$2 Drop-in fee

Dublin Senior Center

Tue, ongoing 8:45-9:00 AM



ART & MUSIC

Acrylics

Instruction for beginner and intermediate artists who would like to learn or brush up on form, composition and color. Examine techniques and theories behind a master artist's work, then create an original work based on that artist's style.

3 Classes Instructor: Arthur Scott King

50 Years+ \$24 Res/\$29 Non-Res

Dublin Senior Center

Figurative Art I

Survey of style and technique of first generation figurative artists.

Sat 6/4-6/18 9:00 AM-12:00 PM Activity #40752

Figurative Art II

Survey of style and technique of middle generation figurative artists.

Sat 7/9-7/23 9:00 AM-12:00 PM Activity #40753

Figurative Art III

Survey of style and technique of second and final generation figurative artists.

Sat 8/6-8/20 9:00 AM-12:00 PM Activity #40754

Watercolor

Drop-in watercolor artists, at all levels, may work on their own projects and help critique each other's work.

50 Years+ \$2 Drop-in

Dublin Senior Center

Fri 6/10-8/19* 9:30 AM-12:00 PM

*no class 7/1 & 7/29

Art for All Media

Work independently on personal art projects in the company of fellow artists. All levels of creativity are welcome.

50 Years+ \$2 Drop-in

Dublin Senior Center

Wed, ongoing 12:30-3:30 PM



Connect to seniorwireless for FREE.
user name & password: wifi



Blankets for Vets

Join this thoughtful group of caring individuals who make blankets for our veterans. Bring your own knitting and crochet needles. Donations of needles and yarn are appreciated.

Peer Leader: Eva Lim

50 Years+ Drop-in; \$2 suggested donation

Dublin Senior Center

Wed, ongoing 1:00-3:30 PM

Knitting Social

Knit baby hats with fellow Mad Hatters and donate to local agencies.

Peer Leader: June Hurd

50 Years+ \$2 Drop-in

Dublin Senior Center

Tue 6/21 10:00 AM-12:00 PM

Tue 7/19 10:00 AM-12:00 PM

Tue 8/16 10:00 AM-12:00 PM

Needle Arts Group, Quilting, Sewing

Work on your quilting, sewing, or knitting projects while chatting with a friendly group. Materials not included.

Peer Leader: Linda Schmidt

50 Years+ \$2 Drop-in

Dublin Senior Center

Tue, ongoing 10:00 AM-12:00 PM

Melody Minstrels Jam Session

Bring a personal musical instrument and start jammin' with the group.

Peer Leader: Gary Younse

50 Years+ \$2 Drop-in

Dublin Senior Center

Tue, ongoing 1:00-4:00 PM

Music Lovers Sing-Along

Let your melodious voice join others while singing familiar tunes. All musical accompanists are welcome.

Peer Leader: Rich Van Tassel

50 Years+ \$2 Drop-in

Dublin Senior Center

Thu, ongoing 10:00-11:00 AM

ENRICHMENT

Discover American Sign Language Workshop

This workshop is open to anyone interested in learning basic American Sign Language (ASL) and Deaf Culture. Participants will learn the ASL alphabet, to finger spell their names and a few every day phrases to use with colleagues, family and friends. Note: Some current ASL students will attend to answer questions and describe the benefits of ASL.

Instructor: Sheila Holmes

21 Years+ \$8 Res/\$10 Non-Res

Dublin Senior Center

Thu 7/14 10:00 AM-12:00 PM Activity #46097

Thu 9/8 10:00 AM-12:00 PM Activity #46098

American Sign Language

Meet and interact with others interested in acquiring basic skills in the American Sign Language alphabet, numbers, and everyday phrases. No prior knowledge necessary.

8 Classes Instructor: Sheila Holmes

21 Years+ \$57 Res/\$68 Non-Res; plus \$15 materials fee

Dublin Senior Center

Thu 5/26-7/14 1:00-3:00 PM Activity #39328

Thu 7/21-9/8 1:00-3:00 PM Activity #40864

Thu 9/15-11/3 1:00-3:00 PM Activity #40867



Computer One-on-One, by Appointment

Become computer literate, or improve skills using the center's desktop, or bring a personal tablet, laptop or smart phone to work on. Please submit a registration form to reserve a 30-minute one-on-one appointment.

50 Years+ \$3 Res/\$3.50 Non-Res, per appointment

Dublin Senior Center

Thu* 6:00-8:00 PM

** Instructor: Guru Athisenbagam*

Wed* 10:00 AM-1:00 PM

** Instructor: Elise Nai*

Fri* 9:00-11:00 AM

** Instructor: Zev Kahn*

DUBLIN SENIOR CENTER SPONSORS

The Senior Center truly appreciates its donors and sponsors. Their generosity allows the Dublin Senior Center to provide free coffee, and to partially underwrite the cost of activities, keeping fees affordable. City staff and patrons thank them. To become a donor or sponsor, please e-mail seniorctr@dublin.ca.gov, or call (925) 556-4511.

PLATINUM SPONSOR

Pat Hughes

Senior Supporter



Everyday Life Skills in English (ELSE)

This beginning intermediate class teaches adults from different cultures the practical and necessary everyday life skills that are needed to function comfortably within the American culture. Class is taught entirely in English, and students practice English conversation with each other and act out real life situations. Please contact the Senior Center to be added to interest list. Schedule and fees to be determined.

Creative Writing: Beginners to Advanced

Learn creative ways to write, edit, and improve your writing. Classmates enjoy reading and listening to works in progress for supportive suggestions.

8 Classes Instructor: Julaina Kleist-Corwin

50 Years+ \$40 Res/\$48 Non-Res

Dublin Senior Center

Mon 6/27-9/12* 10:00 AM-12:15 PM Activity #39644

*no class 7/4, 8/1, 8/15 & 9/5

Lending Library

The Senior Center's library is available to our patrons for free.

How it works:

The library is operated on the honor system; no check-out is required. Borrow a book, DVD, or VHS. When finished, return it to the front desk. Donate items at the front desk for processing. We gladly accept, in good condition only, books published no earlier than the year 2011, and magazines from the past two months. We also accept audio, large type books, and puzzles with 1,000 pieces or less. VHS tapes are no longer accepted.



Reading Group

Read the chosen book, then meet with the group to critique it. Call for selected current title.

Peer Leader: Pam Fisher

50 Years+ \$2 Drop-in

Dublin Senior Center

Tue 5/24 10:30-11:30 AM

Tue 6/28 10:30-11:30 AM

Tue 7/26 10:30-11:30 AM

Tue 8/23 10:30-11:30 AM

Tue 9/27 10:30-11:30 AM

CARDS & GAMES

American Mah Jong

An interesting and challenging game played with tiles, and using a card showing winning hands.

50 Years+ \$2 Drop-in

Dublin Senior Center

Fri, ongoing 12:15-4:00 PM

Chinese Mah Jong Social

Join a table of four with other mah jong lovers. Contact the Senior Center to be added to the interest list.

Peer Leader: Sophia Mok

50 Years+ \$2 Drop-in

Dublin Senior Center

Thu, ongoing 12:00-4:00 PM





Bridge

Join other intermediate/advanced bridge players for a game. Contact the Senior Center to sign up for one of the bridge groups below.

Peer Leaders: Raeia Marshall, Barbara Tocchini, Jenny Underwood

50 Years+ \$2 Drop-in

Dublin Senior Center

Intermediate & Advanced

Mon, ongoing 12:30-4:00 PM

Tues & Fri, ongoing 12:00-3:30 PM

Social Play

Wed, ongoing 1:00-3:00 PM

Bridge Lessons for Beginners

Lessons require a table of 4 players. Contact Senior Center to be added to the interest list.

Instructor: Bill Iles

50 Years+ \$2 Drop-in

Dublin Senior Center

Mon, ongoing 1:00-4:00 PM

Bunco

Players take turns rolling three dice, and the person with the most "buncos" (3 of a kind) wins this game of chance.

Peer Leader: Sue Woods

50 Years+ \$2 Drop-in

Dublin Senior Center

Thu, ongoing 1:00-3:00 PM



Bingo

The Center's most popular game is sponsored by the Dublin Senior Center Foundation. Play ten games and one black-out game.

50 Years+ \$1 per card or \$2.50 for 3 cards

Dublin Senior Center

Wed, ongoing 12:45-3:30 PM

Ping Pong

Ping pong is a fun way to exercise and burn calories.

50 Years+ \$2 Drop-in

Dublin Senior Center

Wed, Thu, Sat, ongoing 9:00 AM-12:00 PM

Ping Pong, by Reservation

Reserve a table for an hour. Reservations are taken in person or by phone.

50 Years+ \$4 per hour reservation fee

Dublin Senior Center

Tue, ongoing 6:00-8:00 PM

Dublin Senior Foundation Donor Wall

Remember someone special, or simply make a tax deductible donation to the Senior Center. Four levels of giving are as follows:

Benefactor

\$5,000 12" x 12"

Sponsor

\$2,500 6" x 12"

Donor

\$1,000 2 1/2" x 12"

Individual

\$250 2 1/2" x 5 1/2"

Pick up an application form at the front desk. Return the form to the front desk, with a check made payable to the Dublin Senior Foundation. For more information, please leave a message at the front desk for George Zika, Foundation Board Member.

DUBLIN SENIOR FOUNDATION



The Foundation, a non-profit organization, solicits funds through various fundraisers, to serve the needs of our seniors. The Center's patrons have greatly benefited from these efforts. The public is welcome to attend their meetings at 9:30 AM (new time) on the first Wednesday of every month, at the Dublin Senior Center.

Al Edge
President

Diane Bonetti
Vice President

George Zika
Treasurer

Bonnie Andreasen
Recording Secretary

Sue Shanaman

Pat Loncarich

Nancy DeSoldato

Kathy Lindgren

Colette Vukasovich

Carol McGeary

Gail Starsiak

Carol Mikos

Phillip Tafoya

Foundation sponsored

BINGO

Wednesdays, 12:45-3:00 PM

CINCO DE MAYO BINGO PARTY



Saturday, April 30

Dublin Senior Center

7600 Amador Valley Boulevard

Lunch 11:30 AM – 12:45 PM

Bingo 1:00 PM – 3:00 PM

Lunch catered by Taqueria Los Pericos.
\$20 per person, includes lunch and 3 bingo
cards, must be 21 to play.

Limited seating, please register in person
by April 15. Make checks payable to
Dublin Senior Foundation.

Hosted by
the Dublin Senior Foundation

Questions?
Please call
(925) 556-4511.



The Dublin Senior Center would like to acknowledge the Dublin Senior Foundation whose generosity in matching the City's funds enabled the purchase and installation of the marquee on Amador Valley Boulevard.

INFORMATION & RESOURCES

Advisory Committee Meeting

The Advisory Committee Meeting is held on the first Thursday of each month, from 9:30 AM to 11:30 AM. The public is welcome to attend. Suggestions may be made at the meetings, or via e-mail to seniorctr@dublin.ca.gov. The agenda is posted by the Monday prior to the meeting, and also online at www.dublin.ca.gov.

Senior Center Advisory Committee

Holly Ito—Chairperson

Jerrie Lore—Vice Chairperson

Marguerite Brizee—Member

Eddie Jo Mack—Member

Ramona Krausnick—Member

Janine Thalblum—Parks & Community Services Representative

Dublin Senior Foundation Meeting

The public is invited to attend Foundation Board meetings held on the first Wednesday of each month, from 9:30 to 10:30 AM. The Foundation raises funds and supports the activities of the Dublin Senior Center.

Experienced Attorney Consultations by Appointment

The law offices of Jonathan Van Ee provides free consultations for people with questions about breach of contract disputes, trust and estate controversies, and related matters. Some questions may have easy answers, while others may require more analysis. To make a private one-on-one appointment, call (925) 556-4511.

50 Years+ Free

Dublin Senior Center

Tue 6/14 10:00-11:30 AM

Tue 7/12 10:00-11:30 AM

Tue 8/9 10:00-11:30 AM

Tue 9/13 10:00-11:30 AM



Diabetes Support Group

The Alameda County Public Health Department's Diabetes Support Group is offered to people with diabetes and their families.

21 Years+ Free, drop-in

Dublin Senior Center

Tue 6/7 10:00-11:30 AM

Tue 7/5 10:00-11:30 AM

Tue 8/2 10:00-11:30 AM

Tue 9/6 10:00-11:30 AM

Health Insurance Counseling Advocacy Program (HICAP)

Seniors may receive free counseling regarding Medicare benefits, Medicare supplements, HMOs, nursing homes, and other insurance and health care coverage issues. Appointments are in one-hour increments. Clients must be 65 and older; adult children welcome. Please call a week prior to schedule your appointment.

65 Years+ Free

Dublin Senior Center

Wed 6/22 12:30-3:30 PM

Wed 7/27 12:30-3:30 PM

Wed 8/24 12:30-3:30 PM

Wed 9/28 12:30-3:30 PM

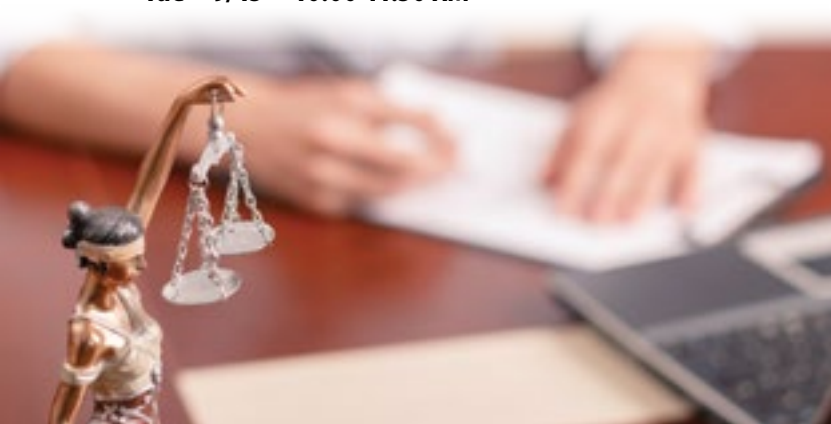
Health Screening and Footcare

Senior Support Health Screening is provided for free on a first-come, first-served basis. Foot care is available by appointment for Alameda County residents. For more information, contact Senior Support, Pleasanton, at (925) 931-5379. Foot care, \$10 donation; health screening, free.

65 Years+

Dublin Senior Center

Mon 6/6 9:00 AM-2:00 PM



Senior Support of the Tri-Valley Agency

Senior Support is an independent non-profit agency that assists seniors (60+) residing in Dublin, Livermore, Pleasanton and Sunol. Senior Support provides services and resources that allow seniors to remain healthy, safe and independent in their homes. Programs include: case management, health services (nutrition, exercise, medication management, foot care), family caregiver support, friendly visiting, alcohol/drug program and counseling, homecare registry, and volunteer transportation to medical appointments.

Co-sponsored by the City of Dublin and other local and county agencies

5353 Sunol Blvd., Pleasanton, CA 94566

Office Hours: Mon-Thu, 9:00 AM-4:30 PM

General Information: (925) 931-5379

Case Management: (925) 931-5381

Hearing Screening and Hearing Aid Cleaning/Repair

Hearing aid cleaning services are performed on site while you wait. Pamphlets and brochures are available. Many repairs can also be completed on-site, however some repairs will have to be taken to a lab. Call to make an appointment.

Sponsor: Audibel Hearing Center

50 Years+ Free

Dublin Senior Center

Wed 6/8 10:00-11:30 AM

Wed 7/13 10:00-11:30 AM

Wed 8/10 10:00-11:30 AM

Wed 9/14 10:00-11:30 AM



2-1-1 Information Line

2-1-1 Alameda County phone line is a free, confidential and multilingual resource line. Trained resource specialists are available 24/7 to assess callers' needs and provides comprehensive and up-to-date information on affordable housing, emergency shelter space, utility payment assistance, Medi-Cal information, food programs, support groups, etc.

AARP Registration

Make check or money order payable to AARP, and drop off/mail to the Dublin Senior Center, 7600 Amador Valley Blvd., Dublin, CA 94568.

\$15 AARP Members (write membership #on check)

\$20 Non-Members

AARP Safety Driving: 8-Hour Class

Drivers age 50 and over will find this class helpful. Develop functional abilities and reflexes for safe driving. Class completion may entitle participants to a discount from an auto insurance provider. Attendance in both class sessions is needed to qualify.

2 Classes Instructor: Mike Harris

Mon 6/13-6/20 9:00 AM-1:00 PM



Saturday Programs

Start your weekend with fun activities. The Senior Center is open on **Saturdays** from **8:30 AM until 12:00 PM** for the following programs:

Jazzercise

8:30-9:30 AM

Acrylic Art

9:00 AM-12:00 PM

Ping Pong

9:00 AM-12:00 PM

Tai Chi Chuan

9:45-10:45 AM

Beginning/Intermediate Line Dance

11:00 AM-12:00 PM



DUBLIN SENIOR CENTER VOLUNTEERS

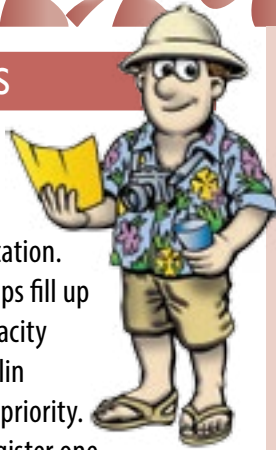
The Senior Center's volunteers serve in many ways – join the ranks of our dedicated volunteers! There are many useful ways to volunteer at the Center and training for all positions. Plus it is a great feeling knowing that Staff and patrons are grateful for your help.

If you have expertise in a specific area and would like to teach a class here, the Center is always interested. Pick up a volunteer application or class proposal form at the reception desk, or download forms at www.DublinSeniorCenter.com. Volunteers are recognized every spring.



VAN TRIPS

Sit back and relax while being driven to an interesting location. Register early! Trips fill up fast, and van capacity is 14 people. Dublin residents receive priority. Non-residents register one week later. Trip fees include professional driver, tolls, parking and admission, but not lunch, unless specifically noted. Trip Flyers are available on the bulletin board in the Center's east hallway. Call for fees and availability.



Van Trip Registration and Refund Policy

- Full payment is due at time of registration: check payable to "City of Dublin" (by mail, or in person), cash (in person), or credit card (in person, or online at www.DublinRecGuide.com).
- Full trip refunds will be issued only when the Senior Center cancels a trip.
- If you withdraw from a trip by the registration deadline, you will receive a refund, minus the cost of any ticketed admission.
- If you would like a refund issued, please contact the Senior Center. Refunds take up to 30 days and are subject to a \$5 processing fee.
- Withdrawal after the registration deadline may result in forfeiture of the trip fee unless the space can be sold to a person on the waiting list.

TRIP	DATE & TIME	COST	REG. BY	ACT. #
Korbel Champagne	Saturday, July 9, 8:15 AM-5:30 PM	\$39 Res/\$47 Non-Res	5/27	45844
Old Monterey Walking Tour & Fisherman's Wharf	Saturday, July 16, 8:45 AM-5:30 PM	\$39 Res/\$47 Non-Res; plus \$5 tour fee	5/27	45845
Discover San Jose	Friday, August 5, 9:15 AM-5:00 PM	\$39 Res/\$47 Non-Res	6/24	45846
Explore Los Gatos	Saturday, August 13, 9:15 AM-4:45 PM	\$39 Res/\$47 Non-Res	6/24	45847
Apple Hill	Saturday, September 17, 8:00 AM-5:00 PM	\$39 Res/\$47 Non-Res	7/29	45848
Fiddle Festival at Columbia	Saturday, September 24, 9:00 AM-6:30 PM	\$39 Res/\$47 Non-Res	7/29	46026
Sausalito	Friday, October 7, 9:30 AM-5:30 PM	\$39 Res/\$47 Non-Res	8/1	46029
17-Mile Drive, Pebble Beach	Saturday, October 15, 9:00 AM-5:30 PM	\$39 Res/\$47 Non-Res; plus \$4 tour fee	8/1	46030
Turf Club at Golden Gate Fields	Saturday, October 29, 9:00 AM-5:30 PM	\$70 Res/\$84 Non-Res	8/1	46031



WEEKLY SCHEDULE

DAY	TIME		CLASS
Mondays	10:00 AM–12:15 PM	\$ *	Creative Writing with Julaina Kleist-Corwin
	10:00–10:45 AM	\$ *	Balance, Agility and Strength
	10:00–11:00 AM	\$ *	Seniorobics
	12:30–4:00 PM	¢ *	Bridge – Advanced Play
	1:00–2:45 PM	\$ ♀	Intermediate Line Dancing
	3:00–3:45 PM	\$ *	Chair Pilates
Tuesdays	8:45 AM–12:00 PM	¢ *	Tri-Valley Trail Trekkers
	10:00–11:00 AM	\$ ♀	Beginning/Intermediate Line Dance
	10:00 AM–12:00 PM	¢ ♀	Needle Arts Group
	10:30–11:30 AM	\$ *	Intro to Gentle Yoga
	10:30–11:30 AM	¢ ♀	A Reading Group (every 4th Tuesday)
	12:00–3:30 PM	¢ *	Intermediate Bridge
	1:00–2:00 PM	\$ *	Tai Chi Chuan
	1:00–4:00 PM	¢ ♀	Melody Minstrels Jam Session
	2:15–3:45 PM	\$ *	Ballroom Dance
	4:00–4:45 PM	\$ *	Chair Aerobics
Wednesdays	9:00 AM–12:00 PM	¢ ♀	Ping Pong – Open Play
	10:00–10:45 AM	\$ *	Balance, Agility and Strength
	10:00 AM–1:00 PM	\$ *	PC/MAC Computer 1-on-1 (30-minute sessions)
	12:30–3:30 PM	¢ ♀	Art Studio for All Media
	12:45–3:30 PM	\$ ♀	Bingo
	1:00–3:30 PM	\$ ♀	Blankets for Vets
	5:30–6:30 PM	\$ *	Gentle Yoga
Thursdays	9:00 AM	♥ ♀	Path Wanderers Walking Group (call for schedule)
	9:00–10:00 AM	¢ ♀	Tai Chi Chuan Practice Group
	9:00 AM–12:00 PM	¢ ♀	Ping Pong – Open Play
	10:15–11:15 AM	¢ ♀	Line Dancing for Beginners
	10:00–11:00 AM	¢ ♀	Sing-Along
	12:00–4:00 PM	¢ *	Chinese Mah Jong
	12:30–1:30 PM	\$ ♀	Healing Yoga – Drop-in
	1:00–3:00 PM	\$ *	Basic American Sign Language
	1:00–3:00 PM	¢ ♀	Bunco
	2:00–4:00 PM	\$ ♀	Intermediate Line Dance (Social on 1st Thursday)
	7:25–8:25 PM	\$ *	Beginning/Intermediate Ballroom Dance
Fridays	9:30 AM–12:00 PM	¢	Watercolor – Summer Drop-in
	10:00–11:00 AM	¢ ♀	Line Dance Social
	12:15–4:00 PM	¢ ♀	American Mah Jong
	12:00–3:30 PM	¢ *	Intermediate Bridge
	1:00–2:00 PM	\$ *	Tai Chi Chuan (1st, 2nd & 3rd Fridays)
	3:00–4:00 PM	\$ *	Yoga with Meditation
Saturdays	8:30 AM–12:00 PM	¢ ♀	Ping Pong – Open Play AM only
	9:00 AM–12:00 PM	\$ *	Acrylics Art
	9:45–10:45 AM	\$ *	Tai Chi Chuan
	11:00 AM–12:00 PM	\$ ♀	Beginning/Intermediate Line Dance

Activity Key



Walk-ins welcome
(otherwise please
register in advance,
in person or online)



Activity fee \$2



Costs vary



No charge



Registration for Senior
Center classes required
by calling (925) 556-4511

shamrock cafe

MONDAY – FRIDAY
11:30 AM – 12:15 PM
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